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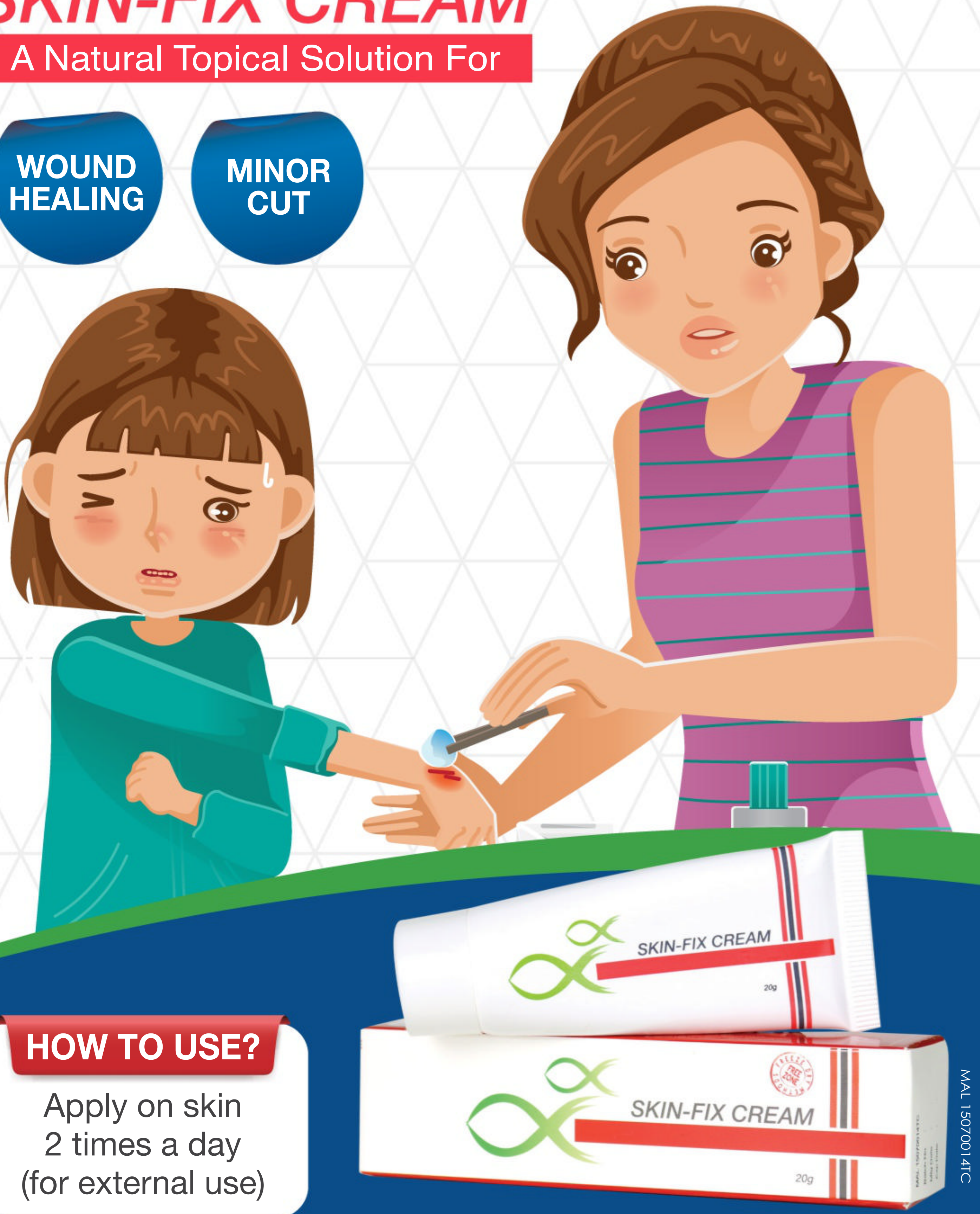
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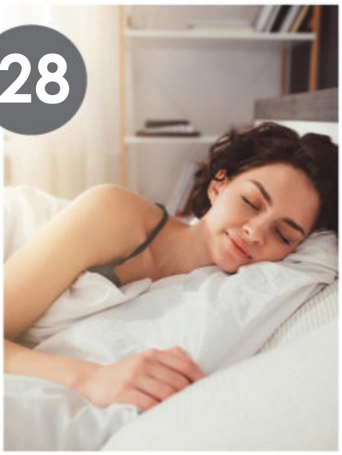

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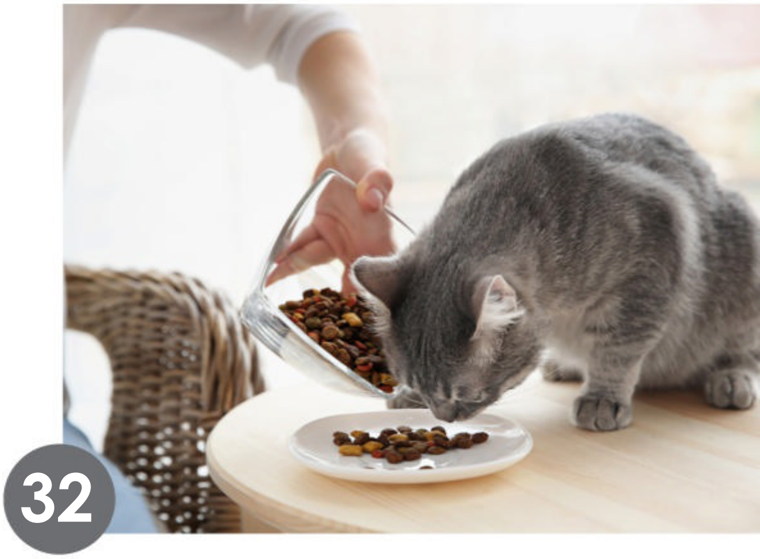

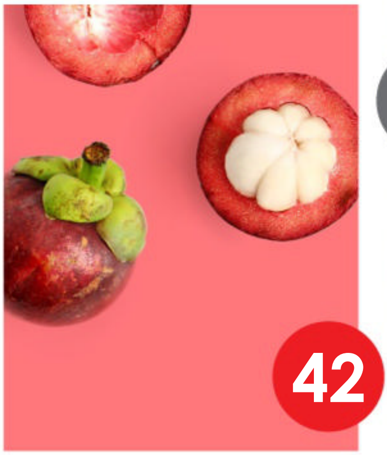

EDITOR'S NOTE

Do you call yourself a food lover or a 'foodie'?

To be honest, I've not met a Malaysian who does not love going on a food hunt! The love and thrill to find the best foods in the country and beyond is an adventure many seek and it is no surprise because food is a universal language.

Now, the thing is, food can also make or break you. Ever heard of the saying, "You are what you eat"?

There is no denying that a lot of goodness comes from food. Goodness and nutrition that your health can benefit from tremendously. On the other end of the spectrum, there are also lots of foods that are laden with chemicals and artificial flavouring that can affect your health in the long run.

So, this month at 1Twenty80, we would like to discuss food! A topic that stirs the interests of many.

Every ingredient found in your meal can benefit your health but did you know that the natural compound of some foods can be extra beneficial for your health such as your brain and blood pressure?

Medical expert with a strong interest in nutraceuticals, Dr. Anish Desai shares with us interesting facts about food this month. Flip over to find out which foods can boost your brain health.

Besides food, we discuss adulting, fat freezing, beautiful beaches and activities for seniors!

So flip over the page and enjoy your monthly dose of health wisdom from us.

Lastly, to all fathers and father figures, Happy Father's Day!

Edeline

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8 TIPS FOR HAPPY FEET

Here's to 'toe-tally' new feet

By Isabel Andrew

Most of us are so engrossed with our physical appearance, but we sadly neglect our feet. Our feet deserve just as much attention as our faces because their comfort and beauty matters too. Don't feel de'feet'ed just yet, here are eight things you can do!

#1 INSPECT AND MOISTURISE YOUR FEET

- Check your toes, soles and heels for any cuts, swelling or blisters.
- Lather them with lotion, cream or petroleum jelly.
- Put on a pair of socks and have a long slumber.

#2 INVEST IN PROPER FOOTWEAR

- Use gel pad inserts to reduce cutting and chafing.
- Wear breathable shoes made of leather, canvas or mesh.
- Get insoles made of foam, gel, cork, and leather.

#3 GO AU NATURALE

- Take a break from mani-pedis to avoid discolouration.
- Trim your toenails straight across with a nail clipper and smooth the corners with an emery board.
- Push back, don't cut cuticles to protect new nails from bacteria.

#4 MANAGE CORNS AND CALLUSES

Corns and calluses are thick, hard patches of skin on your feet. Corns appear on top of your feet or toes while calluses appear on the bottom. Caused by excessive rubbing in tight shoes or pressure from long sports, here's how you can treat them:

- Wear thick socks or prescription foot orthotics.
- Use a pumice stone to rub the callus while in the shower.
- Use corn pads.

#5 KEEP YOUR SWEATY FEET UNDER CONTROL

While some perspire because of stress, medications or hormonal changes, others inherit sweaty feet called hyperhidrosis. Here's what you can do:

- Wash your feet with antibacterial soap and dry them out.
- Sprinkle them with cornstarch, baby powder or antifungal powder.
- Wear moisture-wicking socks and change it frequently.

#6 TREAT WARTS

Warts are small growths of hardened skin brought on by a virus. They thrive in moisture, so here are some measures to take for cleaner feet:

- Wear flip-flops in public showers and pool areas.
- Change your shoes and socks every day.
- Keep your feet dry.

#7 MOVE MORE

- Try the legs-up-the-wall yoga pose.
- Roll a tennis ball under your feet.
- Wiggle your toes and move your ankles several times a day.

#8 ENJOY A GRATIFYING FOOT SPA

- Soak your feet in warm water for 15-20 minutes.
- Add aromatherapy oils like lavender oil and jojoba oil together with Epsom salt.
- Get a relaxing foot massage or book a reflexology session.

Don't hesitate to see a podiatrist for more foot care alternatives. Our feet haul our weight through all that standing, walking and running. Let's shower them with love.

Sources: Healthline, Very Well Health, Arthritis Foundation Malaysia, MyHealth, WebMD

6 BLOOD PRESSURE-FRIENDLY FOODS

Eat healthily, feel healthy, be healthy

By Yasanthi Devi

Recent studies (2021) indicate one in three Malaysians struggle with hypertension, also known as high blood pressure. When looking at the bigger picture, this number is extremely worrying as high blood pressure has taken its place as a common disease amongst Malaysians and it can pose a major risk to public health.

High blood pressure is the main culprit behind heart-related diseases which has also been increasing in Malaysia. To make a change, we can look at the first thing that's within our control which is our food consumption. An unhealthy diet is one of the risk factors that is associated with high blood pressure.

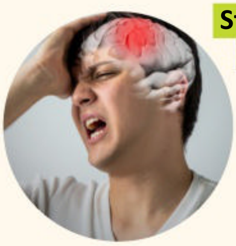
With that in mind, we've compiled a list of foods that may be blood pressure friendly. Let's dive in.

WHAT CAUSES HIGH BLOOD PRESSURE?

High blood pressure usually develops over a span of time and there is a myriad of factors that can lead to high blood pressure. Unhealthy lifestyle habits such as insufficient physical activities and poor food choices can influence one's blood pressure to go high.

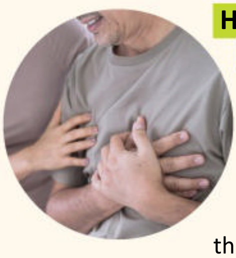
Furthermore, some common health conditions such as diabetes and obesity may also increase the risk of one developing high blood pressure. In rare circumstances, high blood pressure may also occur during pregnancy.

WHAT PROBLEMS DO HIGH BLOOD PRESSURE CAUSE?



Stroke and brain-related issues

A stroke may result from the blockage or burst of the arteries supplying the brain with blood and oxygen due to high blood pressure.



Heart attack and heart-related diseases

Your arteries may become less elastic from high blood pressure damage, which lessens the flow of blood and oxygen to your heart and therefore, increases your risk of developing heart disease.

Decreased blood flow to the heart may eventually lead to a heart attack.

WHAT FOODS ARE HIGH-BLOOD FRIENDLY?

#1

OMEGA 3 FATTY ACIDS

Unsaturated fatty acids of the type omega-3 may lessen inflammation throughout the body. Blood vessel damage brought on by internal inflammation can result in heart disease and strokes.

Omega-3 may improve heart health by:
- Decreasing triglycerides.
- Manages blood pressure.
- Decreases the risk of stroke and heart related diseases.

Good Omega-3-rich fish include:

Sardines

Cod

Salmon

#2

BERRIES

The vivid colours of berries can be attributed to an antioxidant called anthocyanins. Not only do anthocyanins make berries bright, but they also help the berries be nutritious.

Anthocyanins are thought to raise blood levels of nitric oxide and decrease the combination of blood vessel-restricting molecules. This in turn may aid in lowering one's blood pressure.

Berries that are said to have blood pressure-lowering effects:

Strawberries

Blueberries

Cloudberries

#3

BROCCOLI

One of the many health benefits of broccoli is that it helps to keep your circulatory system in good shape. This cruciferous vegetable is abundant in flavonoid antioxidants. The abundance of flavonoid antioxidants in broccoli may help decrease blood pressure by improving blood vessel function and elevating nitric oxide levels in the body.

The best way to maximise that broccoli goodness is to consume it both raw and cooked in different ways. Add chopped raw broccoli florets to tossed salads to make them more flavourful, or simply snack on raw broccoli for a wholesome and crisp snack.

#5

LEAFY GREENS

The high nitrate content from leafy green vegetables may help control blood pressure.

Consuming at least 1 cup of green leafy vegetables each day may help lower blood pressure and lower the chance of developing cardiovascular disease, according to some studies.

Examples of leafy greens include:

Spinach

Kale

Cabbage

Swiss chard

#4

CARROTS

Just like its rich orange colour, carrots are also enriched with phenolic compounds, chlorogenic acids, p-coumaric, and caffeic acids. These compounds are believed to be able to help reduce inflammations and this in turn may help relax blood vessels.

Experts recommend it's best to consume carrots raw to maximise their benefits.

#6

CITRUS FOODS

Lemons, grapefruit, oranges, and other citrus fruits are thought to be good potential in reducing blood pressure. They are packed with nutrients, plant chemicals and vitamins that may protect your heart by lowering heart disease risk factors including high blood pressure.

Some citrus fruits also contain a compound known as hesperidin. According to experts, hesperidin is an antioxidant, and is thought to have the potential to improve heart health. ■

Source: Healthline, Medical News Today, WebMD, Mayo Clinic

Boost Your Brainpower

Eat mindfully and improve your brain function with the right food

By Dr. Anish Desai

Did you know that 1 out of 9 adults experience cognitive decline as they age?

Cognition is defined as the mental action or process of acquiring knowledge and understanding through thought, experience, and the senses. There are 5 primary cognitive skills: reading, learning, remembering, logical reasoning, and paying attention. We often brush off the idea of being prone to cognitive decline at a young age or only subject it to our grandparents having it. More than 10 percent of adults (ages 45 to 65 years old) experience subjective cognitive decline. Although genetics play a crucial role in contributing to cognitive impairment, various lifestyle habits also cause early cognitive decline.

Symptoms of cognitive decline can stay stable for years or improve over time, with little impact on your daily life. In some instances, however, mild cognitive impairment can develop into dementia or Alzheimer's disease. The signs of cognitive decline may be hard to spot when they don't have a significant impact on your regular social functioning, family life, or work performance.

Signs that you may be experiencing cognitive decline include:

- Forgetting appointments and dates.
- Forgetting recent conversations and events.
- Feeling increasingly overwhelmed by making decisions and plans.
- Having a hard time understanding directions or instructions.
- Losing your sense of direction.
- Losing the ability to organise tasks.
- Becoming more impulsive.

Many people with mild cognitive impairment also have symptoms of depression and anxiety and become more irritable and easily aggravated.

Diet plays an important role in cognitive function, which encompasses a range of mental abilities including memory, attention, problem-solving, and decision-making. Our brain requires a constant supply of nutrients to function optimally, and the foods we eat can either support or hinder cognitive function.

Here is a list of foods one must include in their diet that, along with improving brain health, also have various other health benefits.

Turmeric

It helps improve memory in people with Alzheimer's. It may also help clear the amyloid plaques, a hallmark of this disease. Curcumin boosts serotonin and dopamine, both of which improve mood.

Berries

Blueberries and other deeply colored berries deliver anthocyanins, anti-inflammatory and antioxidant effects. Antioxidants act against oxidative stress and inflammation, which can contribute to brain aging and neurodegenerative diseases.

Avocadoes

Avocadoes contain high quantities of monounsaturated fatty acids which help protect glial cells in the brain called astrocytes, which provide support to the information-carrying nerves.

Eggs

They are a good source of several nutrients tied to brain health, including vitamins B6 and B12, folate, and choline. The choline in eggs helps create acetylcholine, a neurotransmitter that helps regulate mood and memory.

Pumpkin seeds

It contains powerful antioxidants that protect the body and brain from free-radical damage.

Green tea

It contains L-theanine, an amino acid that can cross the blood-brain barrier and increase the activity of the neurotransmitter Gamma-aminobutyric acid (GABA), which helps reduce anxiety and makes you feel more relaxed. It has also been found to improve alertness, performance, memory, and focus.

> OUR BRAIN REQUIRES A CONSTANT SUPPLY OF NUTRIENTS TO FUNCTION OPTIMALLY, AND THE FOODS WE EAT CAN EITHER SUPPORT OR HINDER COGNITIVE FUNCTION.

Fatty fish

The omega-3 in fatty fish helps build brain and nerve cells. The Docosahexaenoic acid (DHA) plays a crucial role in boosting brain function and memory. It is also effective in slowing down Alzheimer's disease.

Green leafy vegetables

It contains various bioactive compounds, including vitamin K, lutein, β-carotene, nitrate, folate, kaempferol, and α-tocopherol, which have protective effects on the brain and easily attenuate oxidative stress in the brain.

Beetroot

The nitrates in beets may improve brain function by promoting the dilation of blood vessels and thus increasing blood flow to the brain.

Rosemary

Carnosic acid, one of the main ingredients in rosemary, helps protect the brain from neurodegeneration. It does this by protecting the brain against chemical free radicals, which are linked to neurodegeneration, Alzheimer's, strokes, and normal aging in the brain.

> THE OMEGA-3 IN FATTY FISH HELPS BUILD BRAIN AND NERVE CELLS. THE DHA PLAYS A CRUCIAL ROLE IN BOOSTING BRAIN FUNCTION AND MEMORY. IT IS ALSO EFFECTIVE IN SLOWING DOWN ALZHEIMER'S DISEASE.

Other than food items, certain plant-based Nootropics like:

- **Bacopa monnieri (Bacopa) extract** enhances cognition. This nootropic herb helps in the repair of damaged neurons, neuronal synthesis, and the restoration of synaptic activity and improves brain function as well as inhibiting acetylcholinesterase.

- **Gingko Biloba** has antioxidant properties and also increases blood flow to the brain and is claimed to improve brain functions like focus and memory.

- **Rhodiola rosea** helps improve mental processing by reducing fatigue and improving the functioning of the brain.

Foods to avoid when preventing cognitive decline

#1

Sugary drinks

An excessive intake of sugary drinks increases the odds of developing type 2 diabetes, which has been shown to increase the risk of Alzheimer's disease. In addition, higher sugar levels in the blood can increase the risk of dementia, even in people without diabetes.

#2

Foods high in trans-fat

Studies have found that when people consume higher amounts of trans fats, they tend to have an increased risk of Alzheimer's disease, poorer memory, lower brain volume, and cognitive decline.

#3

Alcohol

Chronic alcohol use results in a reduction in brain volume, metabolic changes, and disruption of neurotransmitters, which are chemicals the brain uses to communicate.

#4

Refined carbs

These types of carbs generally have a high glycemic index (GI). Research has shown that just a single meal with a high glycemic load can impair memory in both children and adults.

#5

Processed foods

Highly processed foods tend to be high in sugar, added fats, and salt. They include foods such as chips, sweets, instant noodles, microwave popcorn, store-bought sauces, and ready-made meals. These foods are usually high in calories and low in other nutrients. They're exactly the kinds of foods that cause weight gain, which can have a negative effect on your brain health.

Overall, a healthy diet that is rich in whole, nutrient-dense foods can have a significant positive impact on cognitive function. It's important to note that no single food or nutrient is a magic bullet for cognitive function, but rather a balanced, varied diet that meets our individual nutrient needs is key. Along with a nutritious diet lifestyle changes including regular exercise and brain-stimulating activities like solving puzzles, reading, and meditation may slow down cognitive decline and boost brain function. ■

DECODING VASECTOMIES

Going deep with male sterilisation

By Isabel Andrew

Many men who wish to have a vasectomy have probably heard of frightening myths surrounding this procedure. Not being able to have an erection or ejaculate are common misconceptions that could have reached your ears.

If that’s what's stopping you, we got you covered! Read on as Dr. Vikramjit Singh Saren, consultant urologist at KPJ Sentosa KL Specialist Hospital, offers an in-depth explanation of the male contraception method.

1Twenty80:

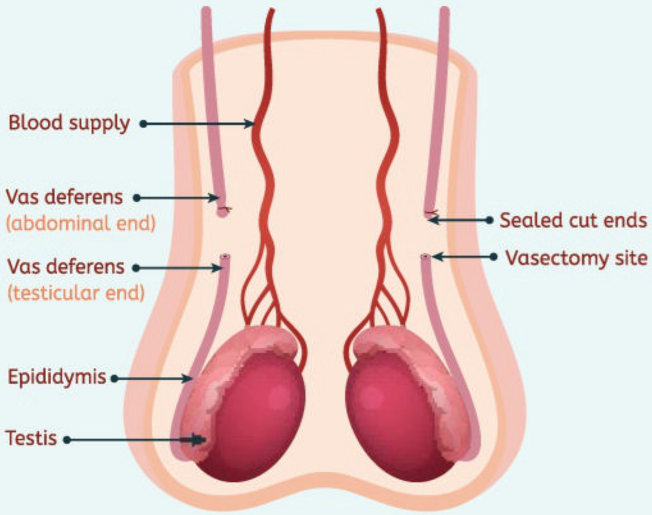
WHAT IS A VASECTOMY?

Dr. Vikramjit Singh Saren:

A part of the male reproductive system is the vas deferens, which are tubes that carry sperm from the testicles to the penis. A vasectomy is a surgical procedure that involves cutting or blocking the vas deferens. This procedure is designed to prevent sperm from reaching the semen that is ejaculated during sexual intercourse.

During the procedure, a doctor will make a small incision in the scrotum and cut or block the vas deferens, either by tying or sealing them. This can be done using a variety of methods, including traditional surgical techniques or minimally invasive procedures that use lasers or other tools.

A vasectomy is a highly effective form of permanent contraception for men who do not wish to have children. It does not affect a man's ability to have an erection or to ejaculate, but it does make him sterile.



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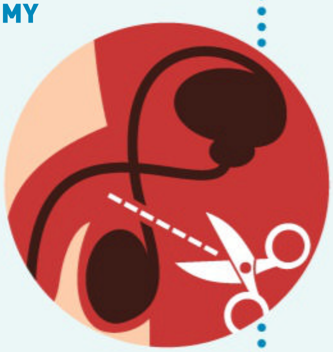
ARE THERE DIFFERENT KINDS OF VASECTOMIES?

Dr. Vikramjit:

Yes, there are different kinds of male vasectomies. The two main types of vasectomies are:

TRADITIONAL VASECTOMY

This procedure involves making one or two small incisions in the scrotum to access the vas deferens. The vas deferens are cut or blocked using sutures, clips, or cauterisation.



NO-SCALPEL VASECTOMY

This procedure is less invasive than the traditional vasectomy and involves using a special tool to make a small puncture in the skin of the scrotum instead of an incision. The vas deferens are then accessed and cut or blocked as in the traditional vasectomy.

Both types of vasectomy are effective at preventing pregnancy, and the choice between them will depend on factors such as a man's preference, the doctor's expertise, and the availability of the procedure in a particular area.

1Twenty80:

WHO CAN GET A VASECTOMY?

Dr. Vikramjit:

In general, most men who have decided that they do not want to father children or do not want to have any more children can get a vasectomy. However, it is important to note that a vasectomy is considered a permanent form of contraception, and it may not be appropriate for everyone.

Men who are considering a vasectomy should discuss their options with a healthcare provider who can provide information about the risks and benefits of the procedure and help them make an informed decision. In addition, some healthcare providers may require men to undergo counselling or other forms of evaluation before undergoing the procedure to ensure that they fully understand the implications of the procedure and are making a fully informed decision.

In general, men who are considering a vasectomy should be in good overall health, and should not have any medical conditions that would make the procedure riskier.

1Twenty80:

WHAT SHOULD ONE KNOW BEFORE HAVING A VASECTOMY?

Dr. Vikramjit:

Before having a vasectomy, there are several important things you should know:

- A vasectomy is intended to be a permanent form of birth control. It is important to understand that it is not always possible to reverse a vasectomy, and even if it is possible, the success rates of reversal are not guaranteed.
- A vasectomy is a minor surgical procedure that can be done under local anaesthesia. The procedure typically is done on an outpatient basis, which means you can go home the same day.
- After the procedure, you will need to take a few days off work to rest and recover. You may experience some discomfort, swelling, and bruising in the area for a few days to a week after the procedure.
- You will need to use an alternative form of birth control until the procedure is effective. It can take several months for the remaining sperm in the vas deferens to be cleared out. So, it is important to use an alternative form of birth control until a semen analysis confirms that there is no longer any sperm present in your semen. A confirmatory semen analysis is usually done at 3 months post vasectomy.
- There are potential risks and complications. As with any surgical procedure, there are potential risks and complications associated with a vasectomy. These can include bleeding, infection, swelling, and pain.
- Before deciding to have a vasectomy, it is important to consider all your options for birth control.

> AFTER THE PROCEDURE, IT TAKES A FEW WEEKS OR MONTHS FOR ALL THE REMAINING SPERM TO BE CLEARED FROM THE VAS DEFERENS, SO IT IS IMPORTANT TO USE ANOTHER FORM OF BIRTH CONTROL UNTIL A SPERM TEST CONFIRMS THAT THERE ARE NO MORE SPERM IN THE SEMEN.

1Twenty80:

HOW DOES A VASECTOMY WORK?

Dr. Vikramjit:

A vasectomy is a surgical procedure that is performed to sterilise a man and prevent him from being able to father children. During the procedure, the vas deferens, the tubes that carry sperm from the testicles to the urethra, are cut, tied, or sealed so that sperm cannot be released during ejaculation.

The procedure is usually performed in a minor surgical theatre and typically takes about 30 minutes. A local anaesthetic is used to numb the area, and the doctor makes one or two small incisions in the scrotum to access the vas deferens. The tubes are then cut, tied, or sealed, and the incisions are closed with stitches or adhesive strips.

After the procedure, it takes a few weeks or months for all the remaining sperm to be cleared from the vas deferens, so it is important to use another form of birth control until a sperm test confirms that there are no more sperm in the semen.

It is important to note that a vasectomy does not provide immediate protection against pregnancy, and it does not protect against sexually transmitted infections (STIs).

1Twenty80:

WHERE CAN ONE GET A VASECTOMY?

Dr. Vikramjit:

A vasectomy is a surgical procedure performed by a urologist, a specialised doctor who deals with the male reproductive and urinary systems. You can typically get a vasectomy at a urology clinic or hospital. You could start by consulting your primary care physician or healthcare provider to get a referral to a qualified urologist who can perform the procedure.

It is important to research and choose a qualified and experienced urologist who has performed vasectomies before. You should also have a consultation with the urologist beforehand to discuss the procedure, potential risks and to clear any doubts pertaining to the vasectomy.

1Twenty80:

IS A VASECTOMY REVERSIBLE? HOW EFFECTIVE IS A VASECTOMY?

Dr. Vikramjit:

While vasectomy is considered a permanent form of birth control, it is possible to attempt a reversal procedure called a vasovasostomy or vasoepididymostomy. However, it is important to note that a vasectomy reversal does not guarantee that fertility will be restored.

The success of the reversal depends on a variety of factors, including the length of time since the vasectomy, the location of the blockage, and the amount of scar tissue that has developed. Generally ranging from 30 percent to 90 percent, with higher success rates seen in men who have had the reversal done within 10 years of their vasectomy.

As for the effectiveness of a vasectomy, it is considered a highly effective form of birth control. According to the American Urological Association, the failure rate for vasectomy is about 1 in 2,000. However, it is important to note that there is still a small risk of pregnancy. So it is recommended that couples use another form of birth control for the first few months after the procedure until a semen analysis confirms that there are no more sperm in the semen.

> WHILE VASECTOMY IS CONSIDERED A PERMANENT FORM OF BIRTH CONTROL, IT IS POSSIBLE TO ATTEMPT A REVERSAL PROCEDURE CALLED A VASOVASOSTOMY OR VASOEPIDIDYMOSTOMY.

1Twenty80:

ARE THERE ANY SIDE EFFECTS OF A VASECTOMY?

Dr. Vikramjit:

Like any surgical procedure, a vasectomy can have some potential side effects and risks. Some of the most common side effects include:

- Pain and discomfort in the scrotum or groin area, which can last for several days or weeks after the procedure.
- Swelling or bruising in the scrotum or groin area.
- Bleeding inside the scrotum, which can cause a lump or swelling.
- Sperm granuloma, which is a small, hard lump that can form at the site where the vas deferens were cut.
- Infection, although this is rare.
- Chronic testicular pain, although this is rare.
- Vasectomy failure, which can result in pregnancy.

It is important to note that many of these side effects are temporary and can be managed with pain medication and other treatments. Most men are able to return to normal activities within a few days or weeks after the procedure.

If you experience any persistent or severe side effects after a vasectomy, you should contact your doctor right away.

1Twenty80:

DOES A VASECTOMY INCREASE THE LIKELIHOOD OF GETTING PROSTATE CANCER?

Dr. Vikramjit:

The link between vasectomy and prostate cancer is a topic of ongoing research and debate. While some studies have suggested a possible association between vasectomy and an increased risk of prostate cancer, other studies have not found a significant association. The American Urological Association and the National Institutes of Health have both stated that there is no clear evidence that vasectomy increases the risk of prostate cancer.

It is important to note that any potential increased risk is small, and the overall risk of developing prostate cancer is relatively low. Men who are concerned about their risk of prostate cancer should talk to their doctor about the best screening and prevention strategies based on their risk factors.

> MEN WHO ARE CONCERNED ABOUT THEIR RISK OF PROSTATE CANCER SHOULD TALK TO THEIR DOCTOR ABOUT THE BEST SCREENING AND PREVENTION STRATEGIES BASED ON THEIR RISK FACTORS.

1Twenty80:

WHAT TO EXPECT POST-VASECTOMY?

Dr. Vikramjit:

After a vasectomy, you can expect to experience some mild to moderate pain and discomfort as mentioned. These symptoms usually peak within 2-3 days after the procedure and then gradually improve over of a week or two.

Your doctor will provide you with pain medication and instructions on how to care for the incision sites. You may need to wear a supportive garment, such as an athletic supporter or snug underwear, to help reduce swelling and support the scrotum.

It is important to avoid any strenuous activity or heavy lifting for at least a week after the procedure to allow the incision sites to heal properly. You should also avoid sexual activity for at least a week after the procedure and until your doctor confirms that there are no more sperm in your semen.

Your doctor will likely schedule a follow-up appointment 3 months after the procedure to check your semen for the presence of sperm and confirm that the vasectomy was successful. It is important to continue using another form of birth control until then. Overall, most men are able to return to their normal activities within a few days or weeks after a vasectomy, and any discomfort or side effects usually resolve within a few weeks.

1Twenty80:

VASECTOMY IS STILL A TABOO TOPIC IN MALAYSIA. WHAT ARE YOUR THOUGHTS ON THIS?

Dr. Vikramjit:

It is unfortunate if in fact vasectomy is still considered a taboo topic. This can make it more difficult for men to make informed decisions about their reproductive health and access safe and effective forms of birth control.

One reason for the taboo surrounding vasectomy may be cultural or religious beliefs that view family planning or contraception as unacceptable. There may also be a lack of awareness about the benefits and safety of vasectomy.

Ultimately, the decision to undergo a vasectomy is a personal one that should be based on individual circumstances and preferences. In countries where vasectomy is not widely accepted, it may be helpful to promote awareness and education about the procedure through public health campaigns or other initiatives.

Silence
Psst!
QUIET
DO NOT
NO
NOOO
SSH
NOT ALLOWED

1Twenty80:

ARE THERE REQUIREMENTS OR RESTRICTIONS TO GETTING A VASECTOMY IN MALAYSIA?

Dr. Vikramjit:

In general, there are no strict requirements or restrictions to getting a vasectomy, but there may be some factors that can impact whether the procedure is a good option for a particular individual. Some of these factors may include:

AGE

Some doctors may recommend waiting until a man is at least 30 years old or has completed his family before undergoing a vasectomy.

> IN GENERAL, THERE ARE NO STRICT REQUIREMENTS OR RESTRICTIONS TO GETTING A VASECTOMY, BUT THERE MAY BE SOME FACTORS THAT CAN IMPACT WHETHER THE PROCEDURE IS A GOOD OPTION FOR A PARTICULAR INDIVIDUAL.

HEALTH

Individuals who have certain medical conditions or take certain medications may not be good candidates for vasectomy. Your doctor will discuss your medical history and any medications you are taking to determine if a vasectomy is safe for you.

CONSENT

In most cases, men must give informed consent before undergoing a vasectomy. This means that they must fully understand the risks and benefits of the procedure and freely choose to undergo it.

Consent Form

It is important to talk to your doctor about your individual circumstances and any concerns you may have before deciding whether to undergo a vasectomy. Your doctor can provide you with information about the procedure, discuss any potential risks or complications, and help you determine if it is the right choice for you.

We hope our interview with Dr. Vikramjit Singh Saren has cleared any doubts that you may have about vasectomies. Gaining proper sexual education is your right. Now that you know more, we hope you can make informed decisions about your reproductive health. ■

The Age of Temporariness

POV: You're Adulting

By Isabel Andrew

> "And all the men and women merely players;
> They have their exits and their entrances,
> And one man in his time plays many parts,
> His acts being seven ages."
> *– Shakespeare (As You Like It)*

A common struggle among 18 to 25-year-olds is getting accustomed to the world of adulthood. Suddenly, they're expected to make correct life-altering decisions.

Adulting today is hard. Ever wondered how it was centuries ago? What did Shakespeare think about his? Believe it or not, there's evidence of him talking about it!

In his comedy play, As You Like It, he classified it as part of the 'seven ages' of our lives. You should have a go at it but first, let's look at a more recent concept.

Emerging Adulthood

In 2000, Jeffrey Arnett, a professor at Clark University, categorised the developing ages of 18 to 25 years as 'emerging adulthood' (or what we would call adulting).

He theorised that as emerging adults, we can't seem to fit in with adolescents or young adults. That's because there's another phase sandwiched in between called adulting. A phase where we're suddenly expected to make life-altering decisions that won't screw up our futures.

Adolescence (10–17 years)

Emerging Adulthood (18–25 years)

Young Adulthood (26–40 years)

Middle Adulthood (41–65 years)

Late Adulthood (66+ years)

Struggles during emerging adulthood

Everyone feels sort of lonely when they're navigating adulthood. Arnett says that these five characteristics make ‘emerging adulthood’ a distinct developmental period. Can you relate?

#1

Identity Exploration

A time when we are actively exploring who we are in the context of love, work, beliefs, and values. You could be asking:

- Who am I?
- Who are all of these people surrounding me?
- How do I fit in with them?

#2

Self-focused

The best and quite possibly the worst part of adulting is being self-focused. If you're on social media then you’ve probably watched numerous videos of life coaches telling you to shut out external voices and discover your true self. It might sound easy for a less than a minute video, but the work put to do so? That’s another tough question.

Nevertheless, the ultimate cycle of adulting is this:

SELF-FOCUSED » **SELF-SUFFICIENT** » **OTHER-FOCUSED**

Focus on your personal growth. Then only can you become self-sufficient to face reality. Once reality is dealt with, that’s when you’re ready to commit to others through marriage, parenthood and more. Where are you in this process?

#3

Instability

Stability is a myth. No one is actually stable in life, and emerging adults are stuck striving to achieve this false notion. Are you looking for stability in these aspects:

- Career.
- Love life.
- Financial planning.
- Studying abroad or locally.

#4

The Age of Possibilities

POSSIBILITIES

Endless possibilities and golden opportunities are like clouds in the sky. The problem is how high can your worldly trampoline push you? How far are you willing to go to give yourself the career, relationship and life you deserve? Who can you trust to include your process of growth? Is this what you’re meant to do?

#5

Feeling In-between

In-between. This pretty much sums up adulthood doesn’t it? Like driving in the dark, accompanied by a speechless GPS. There’s a solo journey to complete but the destination is unknown.

The mystery continues...

Fondly known as ‘adulting’, the act of carrying out more duties and responsibilities as adults isn’t easy, especially in today’s modern world. Could this be why?

Stuggles of adulting

PHYSICAL DEVELOPMENT

- Understanding your physical maturation.
- Discovering your sexual maturation.
- Gaining social validation.

SOCIAL
VALIDATION

COGNITIVE DEVELOPMENT

- Progressing academically.
- Growing your career and finance.
- Mentally grasping abstract concepts.

EMOTIONAL DEVELOPMENT

- Identifying interpersonal & intimate relationships.
- Developing your intrapersonal relationships.
- Juggling work/study-life balance.
- Navigating real life and social media.

Sources: Cleveland Clinic, WebMD, Hopkins Medicine, MyHealth, Healthline, Cognitive & Behavioural Consultants, Psychology Today

Adulting hacks

Adulting is hard but it’s not mission impossible. Here are some ways to support yourself while navigating this daunting phase:

- Acknowledging the struggles and changes you’re facing.
- Indulging in self-care activities like exercising, journaling and meditating.
- Talking it out with trusted friends.
- Regularly celebrating milestones in your career or studies.

We asked some friends for tips too!

I think it’s important that we celebrate our small wins and not compare them with others. I used to shy away from meeting new people. I always needed a friend or someone I’m familiar with to go places. But one day, I decided to attend a camp all by myself. Fast forward, I’m doing my taxes on my own! That’s something I’m super proud of. You do you. – Mary, 25

I work in sales and marketing, so I’m constantly jumping from one project to another. I love my work but hate the stress that comes with it. So to keep my sanity in check, I go on tiny getaways with my family and friends after each project is done. – Fatin, 36

My mind is my biggest enemy, I tend to overthink and get anxious a lot. One day my mentor told me to stop thinking about yesterday and tomorrow, and just focus on today. 6 years later, I still hold on to that: Take it a day at a time. It’s ok not to have everything figured out. – Yash, 27

Don’t settle, experiment like a madman! I started out wanting to be a musician, but couldn't see a bright future in it. Then I finished my law degree and didn't seem to love it. After some time, I picked up a camera and found my passion in photography. I’m glad to have tried so many things because now I know what I like and what I don’t. – Don, 26

Keep your friends close. That’s how I’m navigating university. Be it assignments or my personal life, I always share the good and bad with my closest friends. It’s surprising how each of us has different outlooks and similar experiences. – Jordan, 21

Wow, was that a lot to take in? The thing is, we have all been there including Shakespeare. Research proves it too. Fixating on figuring out your adulthood can make you go bananas. So step out for a walk, watch the birds and take a deep breath. Enjoy the moment! ■

Healthy Nation

SPECIAL
NUTRITION
FOOD

SPECIAL FORMULATION *for* SPECIAL NEEDS

Plant base milk
Gentle on tummy
Healthy Nation SPECIAL NUTRITION FOOD DM WELL
VANILLA FLAVOR
Net Weight/Berat Bersih: 25g x 10 sachets
Lactose Free
Low Glycemic Index
High Calcium & Fibre
Essential Bitter Melon
28 Vitamins & Minerals
4 Strains of Probiotic & Prebiotics
Essential B1, B6, B12 & Chromium
Healthy Nation SPECIAL NUTRITION FOOD FLEX WELL
ORIGINAL FLAVOR
25g x 10 sachets
Hi-Fibre
Lactose Free
Gentle on tummy
Contains essential K2
Suitable for vegetarians
Healthy Nation SPECIAL NUTRITION FOOD GET WELL
ORIGINAL FLAVOR
25g x 10 sachets
Ideal For Celiac Patients
Nutritional Drink
Gluten Free
Healthy Nation SPECIAL NUTRITION FOOD VITA WELL
VANILLA FLAVOR
25g x 10 sachets
Lactose Free
28 Vitamins & Nutrients
High Calcium & Fibre
4 strains of Probiotics & Prebiotics
Suitable for Vegetarians

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For more information please contact **Ancom Truelife** at **03-7495 5000** or email to **talk2us@wtruelife.com**

3 BRAIN ACTIVITIES FOR SENIOR CITIZENS

Keeping the mind stimulated and healthy

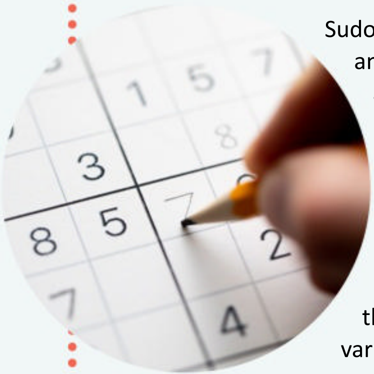
By Yasanthi Devi

A healthy mind is proven to sustain brain function alongside preserving memories. Committing to a healthy diet and carrying out mental exercises may help to sustain a healthy brain. Below you will find three activities that can help to increase your elderly's brain activities. You can try them out too!

1

SUDOKU

Don't be surprised if your elderly parent beats you at a game of Sudoku. Sudoku is a standard favourite amongst senior citizens for a reason. It's a simple puzzle with straightforward rules without any hidden catch. It requires one to squeeze their brain juice in a good way.



Sudoku stimulates the mind by using logical thinking and analyzing abilities. A game of Sudoku can cause a person to be invested until completion, thus contributing to improved concentration skills. The mental stimulation from Sudoku can incentivise elderlies to use parts of their brain that may not be used in everyday life.

The best part of living in the digital age now is that Sudoku games are widely available across various smart devices. If your elderly parents have a smartphone on their hands, they're pretty much set up for digital sudoku. However, if they're not comfortable with smart devices, Sudoku templates are widely available for printouts and you can print out some copies for them.

Other benefits of Sudoku include:

- Enhances thinking abilities.
- Gives a sense of accomplishment.
- Improves memory.
- It's an affordable hobby.

3

BINGO

When you ask elderlies: What's your favourite pass time? Their answer most often than not will either be sudoku or bingo and there's a good reason why.

Bingo often involves playing the game in a social setting as it requires more than one player. It's a good excuse for the elderly to go outside and socialise. Bingo can be played in the park surrounded by nice fresh air or it can also be played in a cozy area at home.

If your elderly is looking to make new friends, you can find community Bingo games on your neighbourhood forums online and enroll them.

Benefits of bingo include:

- Improves cognitive abilities.
- Improves focus.
- Enhances number skills and number recognition.

2

TAI CHI

Physical activities also help improve the elderly's brain activity. Tai chi is a beginner-friendly martial art that helps the elderly to move without hassle. The movements are calm in nature and focus primarily on improving strength, flexibility and balance. To achieve balance, focus, and mindfulness are important.

On top of brainy goodness, Tai Chi also has some physical health benefits such as lowering blood pressure, improving cardiovascular health, and helping people with arthritis. If your elderly is looking to enroll in a Tai chi class, you can find activities on your neighborhood forums. Oftentimes, Tai Chi sessions are held over the weekdays in the morning, in a park or a community open space.

Other benefits of Tai chi include:

- Helps one to feel grounded and relaxed.
- Improves one's social well-being through the sense of community.

Keeping the brain sharp during one's golden years will help you to make the best out of it. ■

Source: Elder.org, Healthline, Medical News Today

UNLOCKING THE TIPS AND TRICKS FOR A GOOD NIGHT'S SLEEP

Tips from your friendly neighbourhood pharmacist

By Yasanthi Devi

Getting good sleep is important for your overall mental, emotional, and physical health. A sufficient amount of sleep has been proven to contribute to better focus and brain activity. Whereas insufficient sleep has been said to contribute to the decline in cardiovascular health and is one of the main factors of obesity.

The primary keys to achieving that much-needed slumber are good sleep practices and healthy habits. However, these alone are not enough for some people. If you find yourself relating to the last sentence, we hope to shed some light on an alternative that may help you achieve a good night's sleep.

On that note, we've gotten in touch with Dr. Shamin Mohd Saffian, Senior Lecturer, Faculty of Pharmacy Universiti Kebangsaan Malaysia, and Locum Pharmacist at My Antidote Pharmacy, Kota Damansara to share his expert insights.

1Twenty80:

HOW DO SUPPLEMENTS HELP WITH GOOD SLEEP? COULD YOU PLEASE EXPLAIN THE LINK?

Dr. Shamin Mohd Saffian:

Several supplements have been shown to improve sleep quality and the time it takes to fall asleep. This means that you fall asleep faster and stay asleep for longer when you take these supplements. As a result, you will feel rejuvenated and well-rested.

1Twenty80:

WHAT ARE THE TYPES OF SUPPLEMENTS THAT CAN HELP WITH GOOD SLEEP?

Dr. Shamin Mohd Saffian:

There are several supplements that have been shown to be helpful for some individuals. Here is a list, not in any particular order:

VITAMIN D

There is very good evidence to support the role of vitamin D in sleep disorders. Vitamin D deficiency is associated with insomnia and vitamin D supplementation has been shown to improve the Sleep Quality Index. In addition, our research group has recently reported that more than half of Malaysians have insufficient vitamin D. Hence, I always recommend vitamin D supplementation to everyone who does not get adequate sun exposure (which is most of us).

MAGNESIUM (MG)

Magnesium (MG) has over 300 biological functions in the body. Magnesium is known to improve muscle cramping and muscle tension. It basically helps the muscles relax and hence will improve sleep quality. However, please be aware that Magnesium comes in several salt forms, some of which can cause diarrhea. Do seek a pharmacist's advice for the best option available.

LAVENDER

Its essential oil can be diffused into the air, pillow sprays, lavender tea, and any other lavender product. Ensure that the product is made from high-quality lavender and not just its essence. Lavender has calming effects.

VALERIAN ROOT, CHAMOMILE, SAFFRON

These are supplements that have been used for a long time to improve sleep. Studies have shown mixed results and it can be difficult to conclude because the products may have different doses and are sold as combined products.

L-THEANINE

L-theanine is an amino acid that is naturally found in green tea and some mushrooms. It is found in several sleep supplements. Some studies have shown benefits to anxiety and promote relaxation.

ST JOHN'S WORTS

St John's Worts has a positive impact on various psychological symptoms linked to depression, such as sleep disturbances, anxiety, insomnia, and others. St John's Worts is known to interact with several medications so you must consult your pharmacist or other healthcare professionals if you are taking other medication and considering taking St John's Worts.

TART CHERRY JUICE AND MELATONIN

Melatonin is not available over the counter in Malaysia. Tart cherry juice naturally contains melatonin and is helpful for sleep and gout.

1Twenty80:

CURRENTLY, THERE ARE A LOT OF SUPPLEMENTS ON THE MARKET THAT HAVE MELATONIN IN THEM, WITH CLAIMS THAT THEY HELP WITH SLEEP. DOES TAKING MELATONIN SUPPLEMENTS HELP ACHIEVE GOOD SLEEP?

Dr. Shamin Mohd Saffian:

Yes, there are many supplements that exist that claim to help with good sleep. However, the majority of them contain the ingredients that have been shown to be effective individually, but when formulated as a supplement, the dose may not be effective. There is also a significant placebo effect when it comes to sleep. Ideally, the product should be tested in proper double-blinded clinical trials. However, this is rarely the case because they are sold as supplements and not therapeutic medications.

1Twenty80:

CAN MELATONIN SUPPLEMENTS HELP WITH INSOMNIA?

Dr. Shamin Mohd Saffian:

The short answer is yes. However, I am unaware of any products that are registered with the Ministry of Health Malaysia. Melatonin is a scheduled Poison C (only to be sold by a licensed pharmacist) under the Poisons Act.

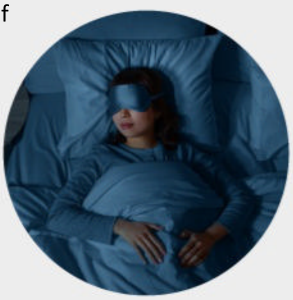
Melatonin supplements can be particularly helpful for people with delayed sleep phase syndrome, a condition in which a person's sleep-wake cycle is delayed by several hours. Think of melatonin as the timekeeper that calibrates the time you fall asleep and stay asleep. Taking melatonin supplements in the evening can help shift the sleep-wake cycle earlier, making it easier to fall asleep and wake up earlier. Studies have shown they are useful for jet lag.

It is important to note that in countries such as the United States of America (US), they are not regulated and hence the quality of the supplement can be dubious. A study by Erland and Saxena, published in the Journal of Clinical Medicine in 2017, found high variability, ranging from −83% up to +478% of the labelled concentration of melatonin content from 31 melatonin supplements sold in the US. Hence, you may not be getting what is on the label if you purchase melatonin from the US.

1Twenty80:

APART FROM SUPPLEMENTS, ARE THERE OTHER LIFESTYLE CHANGES THAT PEOPLE CAN MAKE FOR GOOD SLEEP?

Dr. Shamin Mohd Saffian:



Yes, this is called good sleep hygiene. Sleep hygiene is a set of behaviours and habits that are necessary for good quality sleep. There is a long list of things that you can do to improve your sleep behaviour. Readers can easily find information on sleep hygiene online. But in short, it involves a consistent sleep schedule, a comfortable sleeping environment, and being relaxed and ready to sleep near bedtime.

1Twenty80:

BESIDES SUPPLEMENTS, ARE THERE ANY EFFECTIVE NATURAL SLEEP AIDS OR ALTERNATIVES? IF SO, COULD YOU PLEASE PROVIDE SOME EXAMPLES?

Dr. Shamin Mohd Saffian:

Yes, as mentioned, sleep hygiene. This is highly important to condition the body to sleep.
It is difficult for any supplement to work while practising bad sleep hygiene. Other alternatives include aromatherapy (several essential oils are useful) and exercise earlier during the day ideally combined with adequate sun exposure and not close to bedtime.

1Twenty80:

WHAT ARE SOME IMPORTANT ELEMENTS PEOPLE SHOULD BE AWARE OF BEFORE TAKING SUPPLEMENTS FOR SLEEP?

Dr. Shamin Mohd Saffian:

Generally, sleep supplements are not cheap. The quality of the supplement is also another issue. They may contain the correct active ingredient, but the wrong dose or formulation. It is important that the dose, timing, and how to take it are correct to ensure that the expected results are achieved. I would strongly suggest discussing your needs with your pharmacist so that tailored advice can be made. More importantly, do not be anxious if you have trouble sleeping, it will only make it worse.

1Twenty80:

ARE THERE ANY HIGH-RISK GROUPS OF PEOPLE THAT SHOULD BE EXTRA CAUTIOUS WHEN IT COMES TO CONSUMING SLEEP SUPPLEMENTS?

Dr. Shamin Mohd Saffian:

Yes, there are some high-risk groups of people who should be extra cautious when it comes to consuming sleep supplements and hence healthcare professionals' advice is highly recommended. These include:

▶▶ PREGNANT OR BREASTFEEDING WOMEN

The safety of many sleep supplements has not been established in pregnant or breastfeeding women, so it is recommended to avoid these supplements.

▶▶ CHILDREN AND ADOLESCENTS

Many sleep supplements have not been studied in children and adolescents, and some may have harmful effects on developing bodies.

▶▶ OLDER ADULTS

Older adults may be more sensitive to the effects of sleep supplements, and some supplements such as St John's Worts may interact with medications commonly used by older adults.

▶▶ PEOPLE WITH CERTAIN MEDICAL CONDITIONS

People with medical conditions such as liver or kidney disease, diabetes, or heart disease may be at higher risk for adverse effects from sleep supplements.

▶▶ PEOPLE TAKING MEDICATIONS

Some sleep supplements may interact with medications, including prescription medications.

1Twenty80:

CAN PEOPLE EXPERIENCE POTENTIAL SIDE EFFECTS FROM CONSUMING SUPPLEMENTS FOR SLEEP?

Dr. Shamin Mohd Saffian:

Generally, sleep supplements are well tolerated. But as with all drugs, the dose makes the poison. Melatonin may cause daytime drowsiness that may impact the person's ability to function during the day. Some supplements may cause stomach upsets or diarrhoea. Also, practice caution in patients with kidney or liver failure as many drugs and supplements are cleared by the liver and kidneys. ■

This piece was an interview with a White Coat 360 pharmacist

WHITE COAT 360

18+

WHAT IS

AVAXHOME?

AVAXHOME -

the biggest Internet portal, providing you various content: brand new books, trending movies, fresh magazines, hot games, recent software, latest music releases.

Unlimited satisfaction one low price
Cheap constant access to piping hot media
Protect your downloadings from Big brother
Safer, than torrent-trackers

18 years of seamless operation and our users' satisfaction

All languages
Brand new content
One site

AVXLIVE.ICU

AvaxHome - Your End Place

We have everything for all of your needs. Just open https://avxlive.icu

Are you feeding your pet right?

9 foods to add or remove from your fur-kid’s diet

By Isabel Andrew

Animals and humans metabolise our foods differently. This explains why some human foods can or cannot be consumed by our pets.

Monitoring their food ensures that they receive the right balance of essential nutrients, vitamins, and minerals. It helps prevent deficiencies or excesses that can lead to health issues such as obesity, malnutrition, organ problems, and a weakened immune system.

On that note, here’s a list of what you should or shouldn't feed your cats and dogs so as to ensure their health and lifespan.

Foods your pet will enjoy

These foods are generally safe for your cat and/or dog when given in moderation and served safely. They can be turned into healthy treats too!

» Carrots

Carrots are low in calories and a good source of vitamins, minerals and fibre. In relatively small amounts, cooked carrots can be a safe and healthy treat for cats and dogs. Make sure to prep them without seasonings and to cut them into bite-size pieces to prevent choking.

» Peanut Butter

No, your pets don’t need peanut butter in their diet. But, you could give them a smidgen of it. Some owners make use of the thick texture and smell of peanut butter to conceal medication for their picky pets. Make sure to use peanut butter that’s free of xylitol as it can cause vomiting, lethargy, or worse, liver failure.

» Eggs

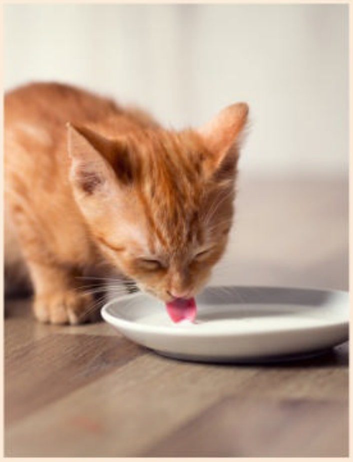
One medium egg provides some of almost every vitamin and mineral, plus lots of protein. Make sure those eggs are cooked well. Consuming raw eggs can lead to Salmonella or E. coli poisoning in your kitty and pooch. These bacteria can potentially spread to us, owners too.

Foods for occasional indulgence

These foods are loved by most cats and dogs but do serve them only occasionally and don't forget to ask your vet for the green light prior to serving these to your pet.

Cheese

Unflavoured cheeses are *Gouda* for your pets (see what we did there?). That's because cheese is high in calcium and protein. But, they also contain fat and lactose that may cause stomach pain and diarrhoea if consumed too much. So, limit your pet's cheese intake to a slice or wedge once in a while.



Milk

Pets were once able to digest the lactose in their mother's milk. Although having been exposed to milk for a brief period, pets' digestive systems aren't ready for the reintroduction of lactose. So, frequently drinking milk or milk-based products like ice-cream can lead to lactose intolerance resulting in loose stools, gas, vomiting, stomach pain and diarrhoea.

Cashews

Dogs and cats can take plain, unsalted and roasted cashews in moderation. Because they're high in fat and calories, eating too much may lead to weight gain, pancreatitis, upset stomach and diarrhoea. So, the quantity for cashews can only go up to one or two cashews in a day or less. Also, do serve them safely as cashews are hard and might turn into a choking hazard.

Foods to avoid

These foods should be avoided at all cost.

Grapes

Grapes are a big no-no for kitties and doggies. Animals can't metabolise tannins, flavonoids, and monosaccharides in grapes. Thus, ingesting the tiniest bit can lead to abdominal pain and kidney failure.

Chocolate

Feeding your pets chocolate is probably the biggest sin you could ever commit. That's because chocolates contain theobromine, methylxanthines and caffeine that cats and dogs can't metabolise. Darker, less sweet varieties of chocolate like cocoa powder are more poisonous than sweetened varieties like milk chocolate. Ingesting it can result in your pet vomiting, having diarrhoea, internal bleeding and seizures.

Onions

All forms of onions are toxic for your pets. That means onions, garlic, shallots, processed powders and their juices can cause damage to their red blood cells and lead to anaemia. The consequences of anaemia are lethargy, weakness, decreased appetite and fainting.

What about other pets?

1 Hamsters

YES: Pellets, seeds, fresh vegetables and fruits.
LIMIT: Peanut butter, bananas and broccoli.
NO: Red meat, raw beans and citrus fruit.

2 Rabbits

YES: Rosemary, hay and coriander.
LIMIT: Fruits with seeds, oatmeal and raisins.
NO: Avocados, cereals and nuts.

3 Birds

YES: Pellets, seeds and bananas.
LIMIT: Fruits with seeds, cooked meat and unsalted almond.
NO: Caffeine, garlic and honey.

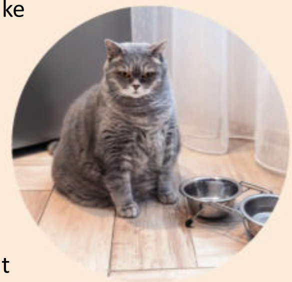
Why can't pets eat table scraps?

Now that you know what human foods pets can’t, can and should limit eating, here’s more on why that is:

IT CAN CAUSE DIGESTIVE PROBLEMS.

Many human foods are processed. Hence, their ingredients can prove fatal to our pets. Pets can also have allergies to certain foods. Think again before handing over restaurant leftovers to your pets. What if they end up with severe reactions?

IT CAN LEAD TO WEIGHT GAIN.



Pets should never consume more than 10% of their daily caloric intake from treats or other human foods. With that being said, if you're giving your pet a bite or two here and there, just be careful. Small bites can quickly add up and lead to weight gain. The consequences of extra weight like diabetes and heart diseases are too much of a risk to take.

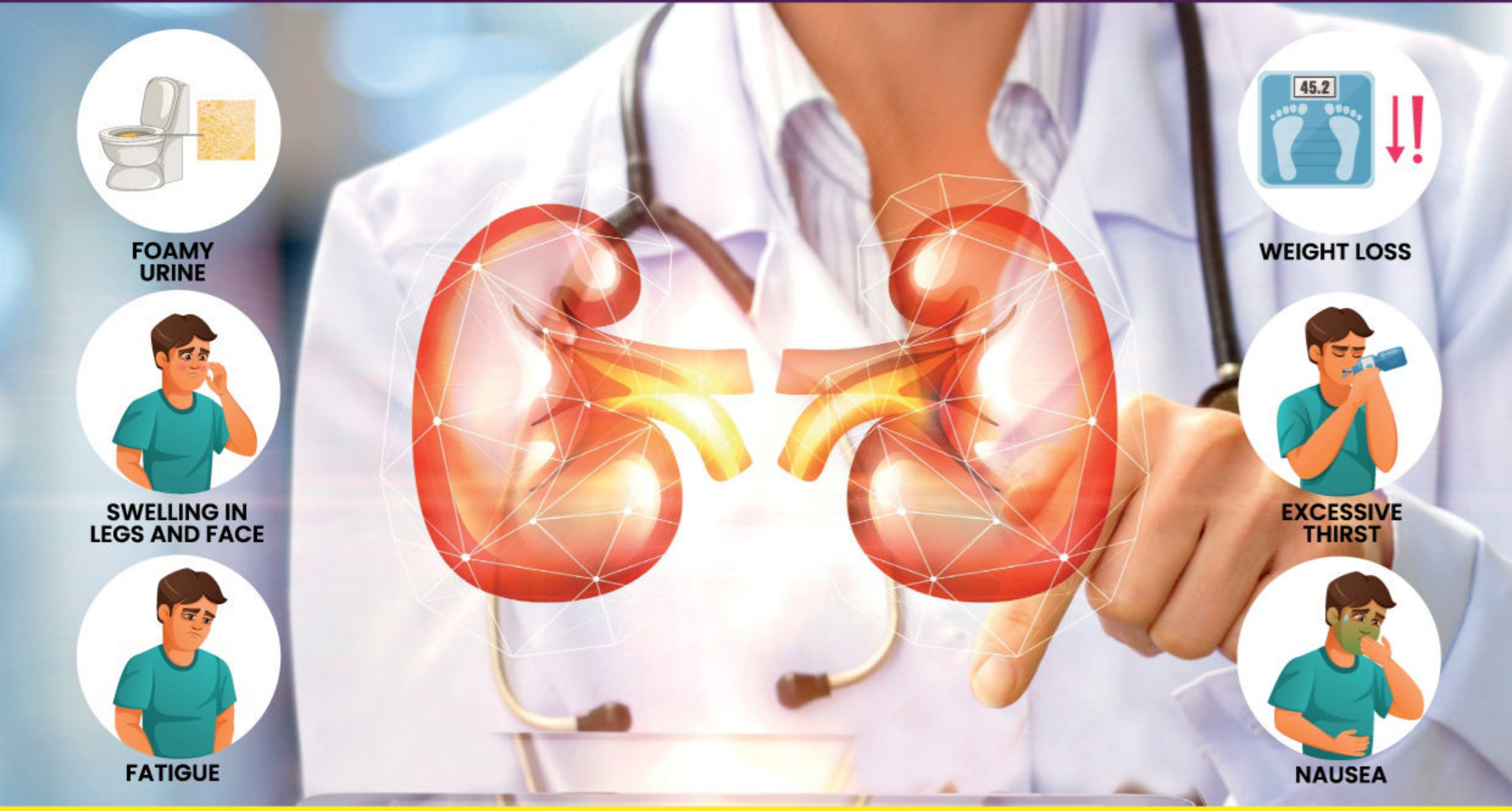
IT ENCOURAGES UNWANTED BEHAVIOUR.

Feeding your pet from the table can reinforce the begging behaviour. Your pets will give you puppy eyes just for your chicken bones. Over time, this can turn into a habit and disturb dining guests. Just like children, pets will start throwing tantrums if they're not given what they want. Some might begin stealing a toast or two from your plate. After that, pets may refuse to touch their own food.

The list can seem exhaustive. So, the best food for our pets is the pellets that they're used to eating. However, if you wish to change up their diets, run it by a veterinarian first. ■

Sources: Medical News Today, WebMD, Healthline

ARE YOU AT RISK FOR "SILENT KILLER" DISEASE?


FOAMY URINE
SWELLING IN LEGS AND FACE
FATIGUE
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WEIGHT LOSS
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NAUSEA

Chronic kidney disease is a silent killer that affected 15.48% of the population in 2018 and it continues to be a public health concern in Malaysia.*

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Stages of Chronic Kidney Disease		
Stage	Description of kidney function	GFR
1	Normal or high	≥ 90
2	Mildly decreased	60-89
3a	Mildly to moderately decreased	45-59
3b	Moderately to severely decreased	30-44
4	Severely decreased	15-29
5	Kidney failure	<15

(Source: Kidney Disease Improving Global Outcome)

Consult your doctor today to know more!

*Chronic kidney disease taking a growing toll in Malaysia. www.thesundaily.my. (2022, March 10). Retrieved July 6, 2022, from https://www.thesundaily.my/local/chronic-kidney-disease-taking-a-growing-toll-in-malaysia-BK8936751
*(2020). KDIGO 2020 Clinical Practice Guideline for Diabetes Management in Chronic Kidney Disease. Kidney International, 98(4), S1–S115. doi:10.1016/j.kint.2020.06.019
*Saminathan, TA, Hooi, LS, Mohd Yusoff, M et al. 2020, 'Prevalence of chronic kidney disease and its associated factors in Malaysia; findings from a nationwide population-based cross-sectional study', BMC Nephrol 21, 344.

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SYMPHONY NUTRACEUTICALS

Do pimple patches work?

Popping out with the truth

By Isabel Andrews

Do you have a pimple? Bind your hands immediately because the cardinal rule of acne is “No picking!" However, when faced with a taunting pus-filled whitehead, rules are bound to be broken, leaving you with the gory aftermath of leaking pus, oil or even blood.

Thanks to the evolution of skincare, pimple patches are now widely available. While many come in small, translucent stickers, others show up as loud yellow stars or pastel-coloured flowers. Here’s your crash course on all things pimple patches.

How do pimple patches work?

Pimple patches act as spot treatments to minimise the appearance of pimples while accelerating healing by:

‘SUCKING’ OUT THE GUNK

Pimple patches are made of hydrocolloid, which is a moisture-absorbing dressing that's also commonly used to heal chronic wounds. Through this technology, the patches ‘suck’ out excess fluid, oil and dirt from your pores. Then, they're converted into a gel-like substance that sticks to the patch and prevents bacterial infections.

These mighty patches may seem small, but don't let their size fool you. Not only do these patches help with your blemishes, they also help protect the affected area from further irritation and inflammation.

PAIRING WITH ACTIVES

Some patches contain active ingredients that can knock out breakouts quicker. Salicylic acid and benzoyl peroxide unclog pores and allow pimples to shrink. Skin-soothing ingredients like aloe vera and vitamin A help reduce inflammation.

Pimple patches ideally require an open, oozing lesion. So if you’re struggling with cystic acne, large-scale breakouts or other skin concerns, you’ll have to explore other alternatives.

How to use pimple patches?

It only takes five steps:

1. Wash your face.
2. Moisturise your skin.
3. Apply a patch that fully covers your pimple.
4. Leave it on during the day or overnight as stated on the product label.
5. Peel it out. Voila!

You could get your hands on pimple patches for minor skin troubles. Otherwise, speak to a dermatologist for the most effective treatment plan. Your skin does a lot for you, wear it with confidence.

Sources: Healthline, WebMD, Cleveland Clinic, Everyday Health

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Cryolipolisis 101

A look into fat freezing

By Yasanthi Devi

Cryolipolisis is a non-invasive and non-surgical procedure that aims to extract fat cells from certain parts of the body. This technology has been making waves in the cosmetic and aesthetic world due to its non-invasive features with little to close to no downtime.

To further enlighten our readers on the topic, we've gotten in touch with Dr. Tingsong Lim, a seasoned expert in the medical aesthetic field and the Medical Director of Clique Clinic to share his insights. Dr. Lim sits on many global advisory boards for aesthetic medical treatments, and he has represented Asia in many international consensus meetings for aesthetic treatments.

Dr Lim
clique

1Twenty80:

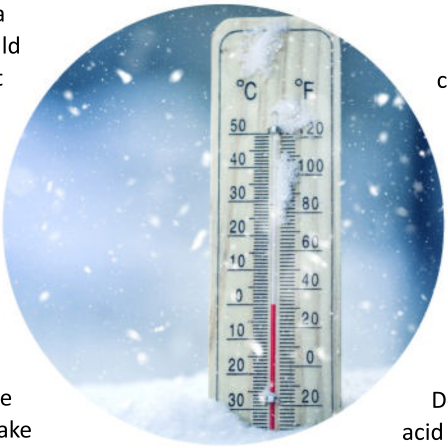
What's the story behind Cryolipolisis and how does it work?

Dr. Tingsong Lim:

Cryolipolysis such as CoolSculpting is a technology invented and proposed by a few scientists (some of whom I know in person), one of them being Rox Anderson from Harvard Medical School. Scientists who were conducting research on fat reduction, initially they were looking at heat as a form of treatment to remove fat cells. This is because fat cells are very sensitive to temperature change.

> WHEN A CERTAIN TEMPERATURE DROP IS CREATED ABOUT 10 DEGREES CELSIUS, IT CAN CAUSE FAT CELLS TO GO INTO SELF-DESTRUCTION MODE, AND IN THE MEDICAL TERM, WE CALL IT APOPTOSIS.

Hence, they were looking at heat to see the effects of it on fats. However, the problem with using heat-based treatment is that fat cells (depending on certain body types), have a very efficient cooling system. When you have the heat in, the cooling system starts running and fights the heat.



To bring the heat to a certain level that could actually cause the fat cells to go into the self-destruction process, it might be compromising in terms of safety. One may burn the skin before the fat cells are eliminated. In this context, there are a lot of variables to take into consideration.

Scientists started to look at the cold element when an interesting phenomenon took place. At Harvard's Paediatric Department, popsicles were being used to treat babies with teething issues. When babies are teething, there tends to be inflammation and pain. As a result, babies would cry. To help the babies, popsicles were used because they were sweet and cold.

However, experts at that time also noticed that when cold popsicles were used, it caused some inflammation in the fat cells called Popsicle panniculitis. This inflammation happens in the fat cells, and it also kills the fat cells. As a result, dimples are formed. This phenomenon eventually led to publications and pointed out a significant question: What if we look into using cold rather than heat-based treatment?

True enough, when a certain temperature drop is created about 10 degrees Celsius, it can cause fat cells to go into self-destruction mode, and in the medical term, we call it apoptosis. When the fat cells are frozen, they crystallise and then send a signal to the body to indicate that the cell is defective. Once the signal is sent, a process will be started where the Deoxyribonucleic acid (DNA) will be switched off in the cells and the cells will die on their own.

When fat cells are killed forcefully (which is often the case in Liposuction), it can lead to overwhelming inflammation and sometimes it creates scar tissues. This can lead to conditions such as calcification or fat necrosis where the cells die unnaturally. Whereas, in apoptosis, it can be said that the cells face natural death. When it comes to natural death, the body goes through a certain process to get rid of the dead cells. When it's an unnatural death, the dead cells have nowhere to exit and this can cause overwhelming inflammation. As a result of the unnatural death of fat cells, there are a lot of side effects such as uneven skin, lumps, and hard tissues.

As we grow, the fat cells grow alongside us. The growth of fat cells is also influenced by hormones. For example, people who grew up with a bigger physique tend to have a different body shape as compared to those who grew up slimmer.

In some cases, individuals who were previously overweight may still retain their body shape despite losing weight later in life. Other factors to take into account would be genetics as certain body types are determined by family genetics. Liposuction was used previously where the fat will be forcefully sucked and as a result of this trauma, the fat cells will die. Liposuction helps reshape the body.

However, surgical methods come with a lot of risks and injection lipolysis causes a lot of complications. When cryolipolysis came about, it changed how we treat fats and how we sculpt the body. This was seen as a game changer when it first came out around 10 years ago.

1Twenty80:

How many sessions is the procedure, and what are they like?

Dr. Lim:

It's all about planning. Cryolipolysis is just a tool that helps with body sculpting. The first step is to look at the body and identify the areas in which you want to address. In the areas of the body which are thicker, double dosing is usually required. Not all areas require double dosing, it also depends on the body shape as well. To sum it up, we need to look at the area that the patient wants to address, take note of the area size and plan out the designs using the appropriate tools to decide the areas where the patient wants to get rid of the fat.

A general rule of thumb when it comes to one treatment of Cryolipolysis, is to take away about 20 percent of the fat depending on the person. We also have to pay close attention to the consistency of fat as there is a superficial layer and a deep layer of fat. Cryolipolysis only targets the superficial fat pad, whereas the deep fat pad requires another modality to treat it.

The templates are what we call the apparatus to measure and the applicators are the one that is put on during the Cryolipolysis treatment. Each applicator is designed in a certain shape to accommodate the different parts and angles of the body. The templates and applicators have also evolved since Cryolipolysis made its debut.

The latest Cryolipolysis technology also has built-in artificial intelligence to enhance accuracy and consistency in the calculation of fat percentage to remove. This helps improve safety and makes the whole experience efficient.

1Twenty80:

How effective is Cryolipolysis?

Dr. Lim:

Cryolipolysis is very effective provided that it's done correctly. The results of Cryolipolysis can be bad if the planning wasn't done properly. In this context, improper planning may also mean that the professional who's carrying out the treatment may be inexperienced in handling the tools. Secondly, it's important to remember that Cryolipolysis only works on the superficial fat pads and it doesn't work well on the deep fat pads. Some body types consist of more deep fat pads and in this case, Cryolipolysis alone can't be used on its own.

1Twenty80:

Does Cryolipolysis work for everyone?

Dr. Lim:

Firstly, it's important to look at the end goal. For some body types, Cryolipolysis is effective in certain ways and may need to be accompanied by other forms of treatment. For example, if a person has deep fat pads, they can consider adding on sculpture.

In another scenario, if a person is struggling with loose skin, the results can't be seen evidently unless their skin is tightened. Based on circumstances, we carry out a combination of treatments to ensure the results are visible. That being said, everybody is a potential candidate as cryolipolysis helps to take away or reduce fat.

People with diabetes, hypertension, and other metabolic syndrome generally may benefit from Cryolipolysis because it will help to take away some fat cells. The more fat cells one has, the more lipotoxicity there is in the body. It should also be highlighted that if a diabetic person's sugar level is not good, they should definitely control their sugar level first before going for treatments. This helps with the healing process.

Overall, there are no contraindications and everybody has the choice to do it except in very rare cases where an individual's red blood cells crumble or succumb to the treatment when they get too cold. This is a very rare disease and it happens in a very small population in Europe. In fact, there are no real contraindications except for rare diseases.

It's also best recommended that before treatments if someone has any kind of disease or problems,they ought to check with a healthcare provider.

1Twenty80:

Can Cryolipolysis be categorised as a weight-loss treatment?

Dr. Lim:

Cryolipolysis is never a weight loss treatment. It's important to understand that slimming, body sculpting, muscle building, and body/skin tightening are all different types of treatments. These are the four categories when it comes to body aesthetics.

These four categories are better known as SSTF which stands for Slim, Sculpt, Tone, and Firm.

Cryolipolysis is not a weight loss programme. However, for people who are going into weight loss, it can help with issues such as love handles and boost overall confidence.

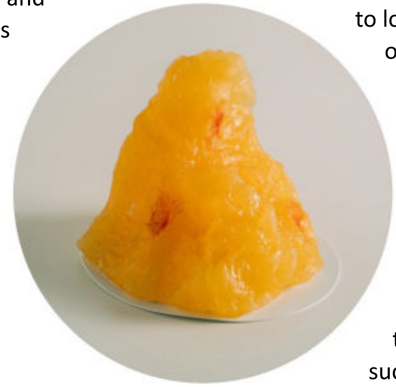
> WHEN THE PLANNING IS DONE POORLY AND CRYOLIPOLYSIS IS DONE INCORRECTLY, INDENTATIONS CAN HAPPEN. THIS IS WHEN THE FAT CELLS ARE REMOVED INCORRECTLY FROM AN AREA OF THE BODY.

1Twenty80:

Are there any potential side effects or complications of Cryolipolysis?

Dr. Lim:

There can be complications and side effects if Cryolipolysis is done incorrectly. When the planning is done poorly and Cryolipolysis is done incorrectly, indentations can happen. This is when the fat cells are removed incorrectly from an area of the body.



In the past, with the initial stages of Cryolipolysis (the very first type), the skin is sucked in and it stretches the skin leading to trauma. When the collective tissue is broken (due to the trauma from stretching), the body will heal it and this then turns into scarring. Initially, it looks as if the fat goes away, however, after that, the fat seemingly comes back bigger. This phenomenon is called paradoxical adipose hyperplasia. This was the initial term that was given for this phenomenon and it has continued to be used. However, it's a misnomer. The adipose (body fat) didn't get bigger, but the scar tissues inside give the impression that the fat cells have grown more. It's not fat cells, it's scarring.

With the new and evolved technology, we haven't seen this phenomenon happen anymore. However, there are copycats out there who are still using the old versions of the technology. As a result of this, issues can arise.

It's important for people to look into the type of Cryolipolysis technology that is being used in the facility that they're surveying alongside taking note of the facility's track record and success rates.

1Twenty80:

What's the recovery period for people who underwent Cryolipolysis?

Dr. Lim:

The downtime used to be around four to 12 weeks with the older technology. Now, we have seen almost zero downtime. In fact, a lot of people can return to their daily work without many issues. It has evolved so much that nowadays it's very comfortable and easy to do. Some people may experience mild bruising, swelling, or ache, but it is fast recovering.

1Twenty80:

How long do people have to wait before the results of Cryolipolysis can be seen?

Dr. Lim:

Generally from what I've seen, people who exercise and are active tend to see results within a month. It can also take up to three months. However, it all depends on the activities carried out by the individual. Overall, it can take around one to two months for the results to be seen.

1Twenty80:

How much does the treatment cost?

Dr. Lim:

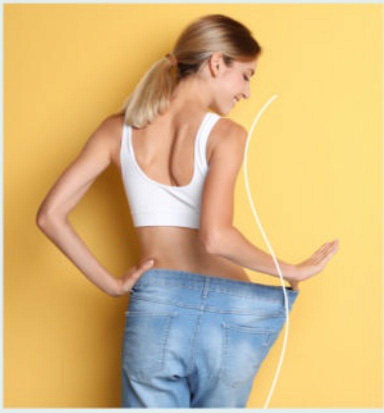
It can cost anywhere between RM1,800 to RM2,500 per cycle. Overall, an individual needs around six to eight cycles. So, cumulatively, we're looking at around RM8,000 onwards.

1Twenty80:

How long does its effects last?

Dr. Lim:

Cryolipolysis is a permanent fat reduction treatment. However, if someone suddenly gains a lot of weight, this can impact fat cell growth and may cause an increase in overall body fat numbers. ■



3 reasons the Mangosteens is the 'Queen of Fruits'

The 'Fruit Queen' also has a doppelganger!

By Isabel Andrew

Mangosteens are so ubiquitous in our country. Yet, this purple fruit was once regarded as a luxury by Europeans. When Westerners first encountered mangosteens, the mouthwatering blend of lychee, peach, strawberry, and pineapple flavours captivated them.

However, mangosteens have a poor resume than most supermarket fruits. They can't withstand cold temperatures, their trees take a decade to start fruiting, and even then, the yield is uncertain.

According to a rumour that dates back to 1890, Queen Victoria was willing to grant anyone a knighthood and all they had to do was bring her one mangosteen fruit, because that's how fast it spoils over there! Is this true? We'll never know. Regardless, Queen Mangosteen reigns supreme in the lush tropic lands of Southeast Asia thanks to her:

#1

Powerful antioxidants

Mangosteens carry nutrients that have potent antioxidant properties like vitamin C and xanthones. These can help neutralise the damaging effects of free radicals, which are linked to various chronic diseases.

#2

Low-calorie count

Looking for a low-calorie fruit to lose weight? Help yourself to some mangosteens. Amounting to around 60 calories per 100g, mangosteens contain no saturated fats or cholesterol. Nevertheless, balance is key. Hence, limit your daily consumption to two to three times a day.

#3

Healthy skin boosters

The anti-inflammatory and antioxidant nature of mangosteens are great in promoting healthy skin. Owing to its rich Vitamin C content, mangosteens boost collagen formation which in turn repairs fine lines, wrinkles, loose skin and acne breakouts.

FUN FACT: Mangosteens come in yellow too! Open up a yellow mangosteen and you'll find vivid yellow flesh that tastes sour like lemons. Dubbed 'false mangosteens', they too grow well in full sun and shade.

Sources: Healthline, WebMD, Medical News Today. Image Credit: Cape Trib Exotic Fruit Farm's Facebook

Are You Experiencing These Effects After Taking Cholesterol Medications?

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- Having muscle fatigue
- Brain Fog

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5 hidden Malaysian beaches to uncover

Don’t forget your sunscreen!

By Isabel Andrew

Everyone loves beaches. If you're looking for a perfect weekend getaway free from crowds and ambiguous tour guides, here are five locations. Have the time of your lives uncovering five of these hidden beaches in Malaysia!

Image credit: www.maisinggah.com

#1

PULAU MENSIRIP, JOHOR

FUN FACT: You need to apply for permission to step foot on this island. Keep on reading for another one!

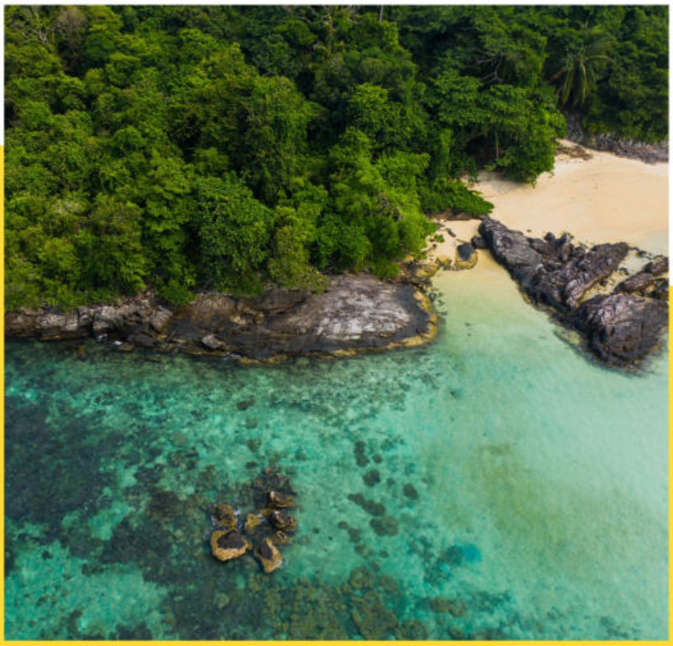
The brainchild of Sultan Ibrahim Ismail ibni Almarhum Sultan Iskandar of Johor, this artificial reef was designed to mimic the Coat of arms of Johor. Don’t worry about getting your clearance into this private island as the nearby resorts and Mersing Jetty will be happy to award you one. Pulau Mensirip is not only untouched but also protected. The island boasts a Marine Park Status, so the dense marine life and zero development make this spot paradise on Earth. The sandy white beaches and gorgeous rock formations are an invitation you don't want to miss.

FUN FACT: There’s an underwater Royal Postbox!

UT SULTAN ISKANDAR
MERSING, JOHOR
PETI POS DIRAJA
POS

Image credit: www.thesundaily.my

Yeap, you read that right. The best part of Pulau Mensirip is what it holds below the surface. This 9-metre-deep underwater postbox is recorded in the Malaysian Book of Records as the first underwater Royal Postbox in the country. Want to flex your scuba diving skills, why not do it while posting a letter? Don’t blame us for a delayed delivery though!



#2 PULAU TENGGOL, TERENGGANU

For most, aquatic Terengganu refers to Pulau Redang. Meanwhile, not many know that Terengganu is also home to a hidden gem, Pulau Tenggol. Due to the minimal number of visitors on the island, the corals continue to thrive in their healthy and pristine condition. Situated in Dungun, Terengganu, Pulau Tenggol is very much a unique destination as it was only recently discovered.

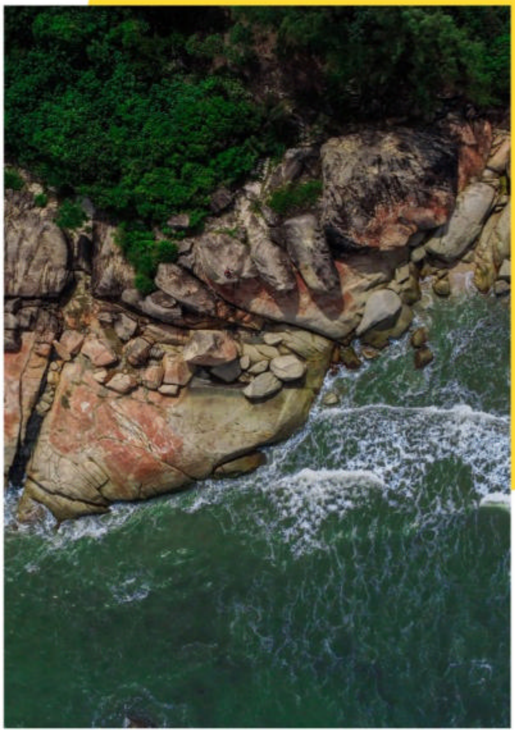
Now that it has undergone development with modern accommodations and facilities, it's time to heed Pulau Tenggol's call on your nearest holiday. It's a guarantee that you'll have a wonderful time in this breathtaking spot. Just gazing away at the exquisite coastline and indescribable waters, flora and fauna is enough to take up most of your day. However, the fun doesn't stop there!

An unforgettable underwater experience awaits you at almost 20 dive sites around the island. It's a must for scuba diving enthusiasts to set their eyes on the soft corals, batfish, nudibranchs, clownfishes and eerie shipwrecks. Non-divers, fret not because Pulau Tenggol has shallow waters for a safe and exciting snorkelling adventure too.

#3 PANTAI PELINDUNG, PAHANG

If you've heard of Teluk Cempedak but not Pantai Pelindung, you're not the only one. Many aren't aware that this secret beach is actually accessible via the famous Teluk Cempedak. Here's how - one end of Teluk Cempedak is a low jungle-covered hill called Bukit Pelindung and a bay called Teluk Perahu. Beyond these sites, you'll arrive at Kampong Pelindung and its obscure beach.

Curious about the names? Well, they go way back to World War 2. The tale goes that villagers fled and took shelter (*lindung* in Malay) in the hills when they saw the boats (*perahu* in Malay) carrying Japanese soldiers who landed on the bay. Today, the white sands that it shares with Teluk Cempedak, the emerald waters of the South China Sea and tall shady trees offer picture-perfect picnic spots for family and loved ones.



#4 TANJUNG SIMPANG MENGAYAU BEACH, SABAH

This Sabahan secret doesn't just come with a stunning view and strong sea breezes, but with its own past in literary history. Tanjung Simpang Mengayau Beach is originally named in the language of the indigenous ethnic group, Rungus who reside mainly in the district of Kudat. The words *Tanjung* (cape), *Sampang* (union) and *Mangazou* (battle) pays tribute to the battle in which the Rungus defended their territory against the Moro Pirates from Sulu, Philippines.

The local Chinese sometimes refer to Tanjung Simpang Mengayau Beach as *Den Foh Liew* (lighthouse in Hakka), since the lighthouse on the nearby Kalampunian island can be seen from here. The lighthouse stands as a grim reminder of the treacherous coastline and the many trading vessels that capsized during the Chinese dynasties era of Song, Ming and Qing.

Tanjung Simpang Mengayau Beach is also known as the 'Tip Of Borneo'. So of course, there's going to be a famous landmark that you surely have to take a snap with. In the park-like grounds, you'll see a Malaysian flag pole erected next to a large bronze globe since 2004. The monument is embossed with the Borneo map, marking the location as the Borneo Island tip at latitude 7 degrees north and longitude 116 degrees east. Flip your calendars to a full moon night because a vacation here is one not to miss out on!

Sources: Traworld, Malaysia.Travel

#5 PELIAU BEACH, SARAWAK

Looking for a secluded virgin beach for a long-awaited getaway? Peliau Beach is the one! Tucked away between the more popular beaches of Tusan Beach and Bungai Beach, it's still a surprise that Peliau Beach hasn't received the attention it deserves. Maybe that's a good thing because now you know where to source for some tranquillity.

The villagers are primarily farmers and fishermen Kedayans, an ethnic group who dwell on the sea coast between Miri and Bintulu. Thriving on for decades, these fisherfolk can still stir up *belacan* (shrimp paste) and salted fish just like their ancestors did. As social and economic transformation continues to modernise the area, Peliau Beach welcomes visitors for a comfortable stay for as long as needed.

When visiting islands, here are some valuable traveling tips to make the most of your experience:

1. Don't forget essentials like sunscreen, hats, sunglasses, and insect repellent.
2. Carry a reusable water bottle and drink plenty of water throughout the day to stay hydrated.
3. Avoid littering, follow designated trails, and adhere to any conservation guidelines.
4. Respect the locals' way of live, try the traditional cuisine, and interact with them. If possible, learn a few basic phrases in the local language. ■

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COOL TREATS

Cool down with these fruity popsicles

By Edeline Anne Goh

Mango tango

Tropical treat

Every bite counts and so, if you're going to have a bite of something, why not enjoy food that's nutritious for the body and calming to the soul too?

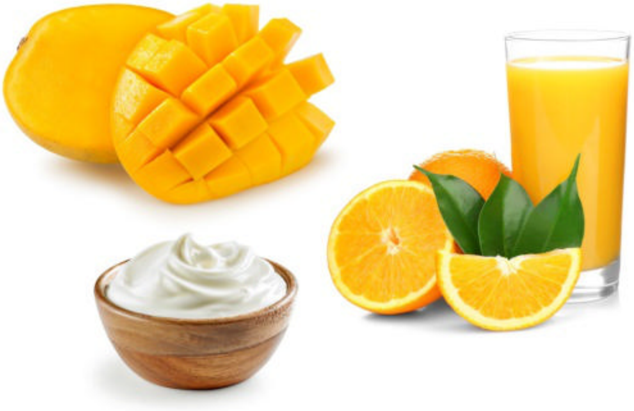
We understand that the heat recently can really get to you, even if you're staying indoors. You're constantly tempted to enjoy something chilled and while that's not an entirely bad idea, cold treats are typically laden with sugar too. Think ice-cream, bubble tea, frappes, *ice-kacang*, *cendol* and so on.

Instead of the above, try these homemade icy treats that will not only keep you cool, they're packed with natural nutrients too!

MANGO TANGO

INGREDIENTS

200 g	Ripe mango
50 ml	Freshly squeezed orange juice
1 tbsp	Greek yoghurt



METHOD

1. Blend all ingredients in a blender.
2. If you would like a smooth consistency, sift the mixture prior to pouring it into popsicle moulds.
3. Pour mixture into popsible moulds and freeze overnight.
4. Enjoy at any time of the day!

TROPICAL TREAT

INGREDIENTS

150 ml	Fresh coconut water
50 ml	Coconut milk
20 g	Coconut flesh, sliced thinly
1 tsp	Monkfruit sweetener
A pinch of fine sea salt	

METHOD

1. Mix well all ingredients in a jug.
2. Pour mixture into popsicle moulds and freeze overnight.

NOTE: If you do not have popsicle moulds, pour mixture into paper cups until half filled and allow to freeze for a couple of hours. Then, insert a wooden ice-cream stick or cut a chopstick into half as a substitute. ■

MALAYSIA | SINGAPORE

1Twenty80

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Care For Your LIVER

Added with
Artichoke Leaf Extract
truelifesciences
JIGAR CAPSULE 350MG
MAL 17106014TC
30 capsules X 350mg

Scientifically formulated as a liver tonic

KKLIU 2012/2022

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This is a traditional product advertisement